

STARS 'N' STRIPES

THE RESIDENT NEWSPAPER OF THE IOWA VETERANS HOME
By the residents, for the residents.

MISSION STATEMENT:

"To disseminate information regarding veterans care, entertainment and goodwill."

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Marshalltown, Iowa 50158

Veterans Homes In The U.S. That Are Smoke-Free Inside the Buildings

By Ken Wilson

We contacted some of the State Veterans Homes and here are some of the replies. None of these have smoking inside of their buildings due to State Law. Some have outside shelters while some do not.

1. Kansas Veterans Home /Winfield Kansas. "There is no smoking inside any of our buildings. We are a State Veterans home and there is no smoking allowed inside any building owned by the state of Kansas." Linda Poyner, Clinical Director

2. Idaho Division of Veterans Services "It is a state law that smoking not be permitted in any of the 3 homes in Idaho." Jim Adams, Administrative Support Manager.

3. Office of State and Veterans Nursing Homes/Denver, Co. "We have covered heated smoking shelters on each of our campuses that accommodates smoking. Residents are told upon entry that there is no smoking within State buildings— per statue." Viki Manley, Director.

4. New Jersey Department of Military and Veterans Affairs "Our New Jersey Veterans Memorial Homes are smoke free, in compliance with New Jersey state laws. The homes have established shelters adjacent to the building for smokers." Karen D. Wallace, Assistant to the Director.

5. New Mexico State Veterans Home. "Our home is internally smoke free; our residents can smoke anywhere on the grounds they choose. Staff can only smoke in designated areas." Lori Montgomery, Administrator.

6. South California Veterans Home "We allow smoking on our patio and in the back yard. When we opened we started with the policy of no smoking in designated areas and absolutely no smoking in any building. In our house rules, smoking in any building is grounds for expulsion." Tim Heckart President, CEO Southern California Veterans Homes.

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Veterans Homes

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7. Maine Veterans' Homes "Our buildings by state law are smoke free. We have an outside area for Residents to smoke but we try to discourage it." Leslie Spencer, R.N.C., L.M.T.

8. Virginia Department Of Veterans Services. The Sitter & Barfoot Veterans Care Center (SBVCC) is a smoke free facility; and the Virginia Veterans Care Center (VVCC) allows residents to smoke in a location outside the main building. Rhonda, Secretary.

9. Tennessee State Veterans Home "We are a smoke free facility, but we offer smoke breaks every 2 hours to residents outside on the covered smoke area." Lisa Drewry, LPN.

10. Washington. D.C. Department of Veterans Affairs. "Our Veterans Homes are smoke free and have been for many years. We have smoking shelters for those who choose to smoke." Lourdes E. Alvarado-Ramos, Deputy Director

11. Denver, Colorado State Veterans Homes " We have covered/heated smoking shelters on each of our campuses that accommodate smoking. Residents are told upon entry that there is no smoking within State buildings –per statute." Vicki Manley, Director.

*****Staff and residents feel free to contact these homes and ask questions if you have any doubts about their policies on smoking.**

The 6th Annual Don Laughlin Music Festival

By Staff Writer

The residents and staff of the Iowa Veterans Home spent an entire year working on plans for the 6th Annual Don Laughlin Music Festival that was held on September 6, 2008, a celebration of music and arts.

The Festival named after Don Laughlin, IVH resident and the Country Music Hall of Fame inductee, who spearheads the Music Festival efforts. Major Day, Lincoln Highway Band and Route 66 and a wide range of local IVH talent will performed during the 2008 Music Festival. All performances are free and open to the public. The festival staff would like to thank music sponsors, Lennox, Meskwaki Bingo, Casino and Hotel, cyclone Corvettes, Inc., Marshalltown Medical and Surgical Center, Independent Insurance and Green Products.

This year, IVH artists who work in various media, participated and exhibited their pieces during the event. The public was encouraged to visit the IVH Gift Shop where items in wood, ceramics, and textiles, crafted by the talented IVH residents, were offered for sale. Food was served, and the menu included pork burgers, chips, Garwin brownies and beverage. Free-will donations for food items were welcome. Food items were sponsored by Sara Lee, Reinhart Food Service, and Hy-Vee.



Residents and the community members enjoying the Festival.



Staff chaplain Craig Nelson, social worker Lisa Blabaum and Bill Rakars from recreation enjoying the Music Festival.



Lincoln Highway band performing.



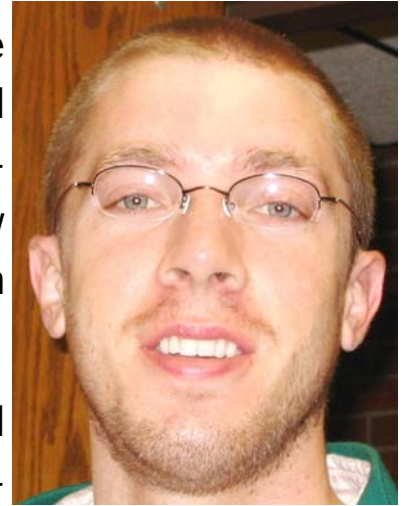
IVH Talent performing

Meet Our New Psychologist:

By Staff Writer

Daniel Judge was Born and raised in Nebraska (he grew up mostly in (Lincoln, NE).

He received his undergraduate education at



Daniel Judge

Nebraska Wesleyan University and went on to graduate school at Xavier University in Cincinnati, Ohio. There he obtained his doctorate in clinical psychology. He completed his internship training year at the Louis Stokes Cleveland VA Medical Center in Cleveland, Ohio.

He accepted the position at IVH, because he particularly enjoyed working with veterans in the past. He was impressed with the staff he met during his interview, and hoped to get a little closer to home (most of his family is still living in NE). He hopes to help veterans and their family members cope with mental illness and/or other cognitive/emotional difficulties they may be facing.

Statehouse Issues



*By Mark Smith,
State Representative*

Dear Friends at IVH:

Fall is upon us as I write this! I am not sure where 2008 has gone, but it is coming to a close. I want to take this opportunity to express how much I have enjoyed serving as your state representative. Shortly after I was elected, Mike Croskey and I addressed issues and that was the start of regular contact with all of you. We have been holding town meetings for the past several years. It has been an opportunity to meet regularly with you on issues important to all of you.

I want to address a couple of issues that have been brought up. First is something I have been hearing about the smoking ban and the initial restriction to the smoking rooms. The reason that was the case is that the "Smoking Ban of 2008" was an "indoor" smoking ban. The initial bill did not address outdoor smoking except in proximity to entry ways. The exemption for the Veterans Home was my idea, as I wanted the pol-

icy at IVH to be developed by residents, administration, and staff.

Second, there has been some discussion about the current situation with staffing at IVH and the change from charter agency status. This is an issue that I am very concerned about. It is and has always been my intention that you have the best staff possible (which you do have). It is also been in intention that people receive vacation time when possible and that overtime be granted in a fair manner.

After some concerns about comments in the Times-Republican following the 2008 budget, I suggested that all policy and budgetary figures be developed between the Governor's office and administration of IVH prior to the legislative session. I would then hold to that policy and budget during the legislative process. With the exception of adding some wording for the contract for housekeeping services, that is what occurred. No policy language was requested to address the current staffing concerns.

It is and always will be my goal to have the Iowa Veterans Home be the best possible home for you and your needs! Have a great fall.



Editorials & Opinions

NURSING SIDE

I had a new total knee installed on Aug 22nd on my left side. It was my 7th operation. I had never experienced anesthesia hallucinations before (it could have been the morphine pump also). Boy, is that an experience!! When you cannot trust if something is real or not you really get defensive and edgy. When I left 5 days later their still were little persons still sitting on my roommate's right shoulders and his wife (he was not married) sitting on his left shoulder.. After coming back to the nursing side, Malloy 2 South I was walking through Loftus when I stopped to use the elevator. As I looked up at the motion sensor over the sliding doors it turned back and forth twice. I thought GOD it isn't over yet. That is very stressful and tiring. I came back to Malloy 2 North where I did not know a soul, their position, or the routine. I was treated EXCEPTIONALLY well. Usually good staff are a reflection of their leader. I have had enough experience to know that. The 13 days from Aug 22nd until I went back to Heinz Hall was a blur and the most over whelming time while I have been here. It is nice to be back to the "old home place" (Heinz Hall) again. K LW

WALKERS

Walkers were a new experience for me, and a learning experience they are. Almost **totally**

unsafe outside. Wide cracks in the sidewalks grab the wheels instantly and they pitch forward. Sidewalk slabs that have raised above the others will dump you in heartbeat. And don't forget those elevator gaps between the elevator floor and the floor material. Expansion joints, which join two pieces of flooring together, are another trick. The only "fun" thing is the welcome mats which shake the walker like a rumble strip! I definitely decided that if I ever use a walker permanently that it will have large wheels on it!

K LW

2008 General Election

Dear friends at IVH:

I am writing to seek your vote in the 2008 General Election. In my eight years in office, I never have forgotten all of you who live at IVH. I still find it exciting to come to IVH, and to know that I represent you means a great deal to me. Thank you and I ask for support in my reelection bid. I pledge my continued support for all of you insuring that IVH is the best Veteran's Home in the United States. Thank you for the opportunity to be part of this important election. I ask for your vote in the 2008 General Election.

Mark Smith

Editorial disclaimer and policies

The views and opinions set forth in the *IVH Stars & Stripes* are those of its editorial staff, correspondents and contributors. They do not necessarily reflect the official position of the Iowa Veterans Home administration, staff or Resident Council; the State of Iowa and its agencies; or any other veterans' organization. IVH residents and those in its community are encouraged to submit their own articles, stories, announcements and photos. If an article is from the internet, book/magazine or another newspaper, written permission from that source is needed before the article will be re-printed. Submissions become the property of the editorial staff. All letters to the editor must be signed, or they will not be printed. In certain cases, if requested, names may be withheld from publication. Letters must be no more than 350 words in length. Drop boxes for letters are located in Sheeler, Malloy and Dack halls. **We reserve the right to edit letters and all other submissions for length, grammar, factual accuracy, libel and good taste.** Send all correspondence to Stars & Stripes Office Dack Hall or the, Resident & Family Services, Dack Hall. Submissions also may be sent electronically, via our e-mail

PARENTAL QUOTATIONS FROM THE 50'S AND 60'S

1. Don't you pull that stunt again !
2. Stand in the corner and think about it.
3. No, you can't have pop it's not good for you. You'll rot your teeth.
4. You will go to bed when I say so.
5. See what you did.
6. Eat is what on your plate, then you can have seconds.
7. Don't you dare do that again !!



We are expecting our fourth child, and we are just so excited. Can't you tell ?

Community Service Reminder

Footsteps to Freedom. Narcotics Anonymous Meeting.

Meets every Tuesday night at 7pm.

At the Dack Resident and Family Services Conference Room. Everyone with interest is invited.

Legion Riders

Last month the Legion Riders stopped by and paid a visit to IVH. Photos taken by Lisa Purvis, Marketing



Farmin' Like It Used To Be

By Ken Wilson

There was only one reply when you walked into a rural barber-shop and were asked "What kind of hair cut do you want?" And that was "the regular". There weren't any choices; only one, (except during the Davy Crockett phase.)!!

Since there was only one you wanted to get it right. In our small rural town two barbers worked the same shop. One was excellent and the other wasn't so good. Now their was a way to get a round this but it tied up a lot of time. What you would do is walk by the barber shop, peer in the window, and see which barber chair was empty. If it was the "good" barber you beat it in immediately and took the haircut position", said a prayer of Thanks to GOD and reminded yourself that you had made it for one more month!!

Now here comes the hard part; If the poor barber's chair was empty you had to fall into "poor" barber-on duty mode. This consisted of walking by the barbershop at 20 minute intervals looking in the window to see whose chair was full and hope that your timing was right. You had an edge as the poor barber took 20 minutes because he talked a lot and the good barber talked less and was faster so he only took 15 minutes. All this for just a lousy hair cut. You could also slip in there early in

t h e
morn-
i n g
w h e n
t h e
p o o r
barber
w a s



giving shaves. You know, the poor barber never caught on as to why people walked by and waved. He just thought people walking by and waving were just extra friendly.

In the town I came from before I came here the barber was my neighbor so I felt obligated to stop in every now and then. He was noted for two things bad haircuts and looking out the window when he was cutting hair. One night after closing a farmer went home to eat supper and his wife noticed something wrong with his hair. Then it dawned on her that this barber had only done one side!! This barber had been looking out the window. A man would have never considered going to a woman's shop for a haircut. He would have died and been cremated before that ever happened.

The barbershop was where I learned on Monday morning that the "Holy" church elders weren't so holy out side the church building.

Tidbits by Marie

If you are a cat lover, you probably would really enjoy a new book just published this month by a librarian and her close relationship with a stray cat who came to the library. It is called "Dewy: The Small-town Library Cat Who Touched the World." Author is Vicki Myron, retired librarian from Spencer, IA. Grand Central Publishing paid \$1.2 million to then-Spencer Public Library director Vicki Myron and co-author Bret Witter for the rights to the cat's life story.

Would you like to suggest a better night prayer to say with grandchildren than the scary one we learned—"if I should die before I wake..." you might try this one: I bow before you, Divine Father, Holy Mother, Eternal Source of my existence. Your heart is my home, from you I have come and to you I journey this night.

Earlier this month a group from my unit went to dine in Conrad. I had failed to sign up and sure did regret that. Some kind citizen of that town paid the entire bill!

Did you strain your eyes and ears to hear the Democratic or republican Conventions? Well, there's more excitement ahead on the political field...keep tuned!

Did you catch me in a frenzy this month while I was searching for my cane? It is one I have had hanging on my wall for years as a unique decoration, so to me it was special. Happy to say that one day I came into my room to find it lying on the bed. Thanks to the person who returned it to me. It has utilization

usage now because of a 'trick' knee. I'm sure you were as grateful as I was to not be living in Texas during the destructive hurricane season. How fortunate we were to only have resulting winds come here! If the expected financial crash does come, we will be truly grateful for the three meals a day and a roof over our heads that IVH assures of us!

Native American Proverbs

By Terry "Graywolf" Maus

It is less of a problem to be poor, than to be dishonest. Anishinabe proverb

We will be known forever by The tracks we leave. Dakota proverb

Each person is his own judge. Shawnee proverb

What is life? It is the flash of a firefly in the night. It is the breath of a buffalo in the wintertime. It is the little shadow which runs across The grass and loses itself in the sunset. Crowfoot, Blackfoot warrior

Certain things catch your eye, But pursue only those That capture your heart. Old Indian saying

"Give thanks for unknown blessings Already on their way." Native American saying



Nutritionally Correct

Antioxidants and Our Health

By Patty Crupi, RD/LD



We are constantly bombarded by information telling us what we should or shouldn't eat to make us healthier. Sometimes this information can be confusing, especially when it uses terms with which we are unfamiliar. One of those terms that we see and hear everywhere is "**Antioxidants**". They can be found in abundant supply anywhere from our face cream to our dinner table.

Antioxidant is a name for some specific vitamins, minerals and other substances that have been found to prevent cells from changing, or in some cases, from aging. The true enemy in the aging or cell changing process is something called a **Free Radical**. Free radicals can occur when things interact with oxygen, or through a process called **Oxidation**. Rust on a car or salad oil becoming rancid are two examples of this process. Similarly, scientists think that aging and the development of many chronic diseases may be, in part, due to this process. Therefore, **antioxidants** may play a significant role in slowing down the process.

Examples of these antioxidants include Vitamin C, Vitamin E, Vitamin A, Lycopene and Beta Carotene; all of which are found widely in a variety of foods. Fruits and vegetables, nuts and whole grains provide a rich supply of many of these nutrients. Beta carotene is found in deeply colored fruits and vegetables such as pumpkin, carrots, cantaloupe, sweet potatoes, apricots and mangos. Lutein, one of a classification of antioxidants called carotenoids, is found in leafy green vegetables such as spinach and kale. Tomatoes and tomato products provide an excellent source of Lycopene. Vitamin E is found in nuts and in many oils such as safflower, corn and soybean oil.

Researchers currently do not know, however, if the benefits of these antioxidants are the same when taken in pill or supplement form. As a result, if you wish to increase your antioxidant intake, there are some things that you can do:

- Choose that serving of apricots, sweet potatoes or spinach.
- Take advantage of the many foods prepared with fresh or canned tomatoes.
- Choose whole grains whenever possible, and
- Increase the fruits and vegetables in your diet daily.

Poetry

Reflections On An Old Country School

"Don't Cry"

By Henry Hubbard

Ed simply loves people what else
can I say: And he will help any-
one who came his way. It was
seldom that he needed help be-
cause he liked doing whatever on
his own, and he knew that as
long as there are people he
would never be alone. Ed spoke
of his family all the time and I
will always think of him because
he is a friend of mine.

His home was destroyed on Par-
kersburg as so was many others.
I traveled there to see the devas-
tation and to stand beside his fel-
low Sisters & Brothers. Ed would
tell you stories from his past and
you knew that this man's love is
strong and the faith that he has
for God he could never do wrong.
When I first met Ed, he told me
IVH is where he would die. I told
him that I don't want to hear it
and he responded. "When I'm
gone there's no need to cry."

By Dale Hermon

Years ago when I was a young
child I started school in the
same school my father had gone
back in the 1890's. It was built of stone
and hadn't changed very much over the
years. I even had a picture of my dad in-
side the front porch area of the school. It
was his 8th grade graduation day. I be-
gan going to that school in 1935. The
school encompassed a pre primary to the
8th grade. The teacher, in these old
country schools, had to be more than a
teacher. They had to act as janitor and a
general handy man.

Teachers had to keep fires banked and
carry a bucket of water into the school
the first thing in the morning. This water
had to last the whole day; hand washing,
drinking and general cleaning. They had
to put the coal, wood, or kindling, in the
old country stove that was in place of a
furnace.

The teacher had quite a job. She had
to keep track of the amount of wood for
the day, children's mittens and such and
had to be the policeman of sorts. She
had the job of cleaning floors unless
other arrangements had been made. She
was in charge of shoveling the snow
making the needed access to the wood
pile and the necessary room. She had a
massive duty of keeping the facility in or-
der. Most of the teachers enlisted the
students' help in the day to day chores
thereby instilling teamwork.

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GETTING TO KNOW YOU — OUR STAR VOLUNTEERS —

By Rose Elsbecker

Let me introduce to you today a gentleman by the name of Howard Braden. To many of you here at IVH, Howard needs no introduction, as you can spot him a mile away by his big, friendly smile. Howard is known by his many buddies back in his home state of Arizona, as "the sunshine man". Says Howard, it's a lot easier to smile than to frown. He goes on to tell us that just a week ago, a lady from IVH asked of him the following question: "Why do you smile all the time?" Howard's quick reply was, I have a smile to give, and I'd like for you too. Look out, though, people, I can tell you right here and now—both his quick smile and ready laugh can be contagious! It won't be long before you'll be catching somebody by surprise with an unexpected smile or your own!

Without a doubt, Howard truly enjoys helping others, getting to know them, and feeling as though he can make the most of an opportunity to spread a little sunshine around. He especially enjoys visiting with the residents, hearing their stories, helping out with activities at the Kopper Kettle, or taking a trip out of town somewhere to see the sights, such as the interesting trip they took last year to the Czech Village in Cedar Rapids, or a trip over to the Tama/Toledo area to have lunch at the ca-

sino.

Howard tells us that at 88 years young (born April 2nd, 1920), he is blessed with good health and is glad to be able to make the trip



Howard Braden known as:
"Here comes the sunshine man"

down to Marshalltown from Hudson about once a week to share his blessings with his fellow veterans and their families here at IVH.

Howard remarked at what a fine building, beautiful grounds and deeply caring staff there is to be found here at IVH. He tells us that if he ever needs a place to go, IVH would be the best. Until then, he's looking forward to more good times as a volunteer at IVH. In the meantime, come late October, he'll be taking off for his yearly trek to his home state of Arizona, where he'll spend the winter months with his buddies at the retirement village out there. Come next April, when Howard makes his journey back to what is now his home in Hudson, IA, we'll hope that the ground around here has thawed by then, and we can look forward to seeing more of our good traveling buddy around here for a very long time to come! Thanks, Howard! We'll look forward to seeing you soon!

Franklin Elementary Fundraiser - Says Thank You

Some students from Franklin Elementary made cards to thank everyone at IVH that contributed in any way to our Fundraiser for them. These are posted by the Malloy LRC south entrance on the windows looking out to the court yard. Stop by and take a look and pass the word to those.



Saving A Penny To Earn A Penny At IVH

*By: A concerned resident and WWII Veteran
Dean M. Rammelsberg H.H.*

Does saving a penny to earn a penny help the biggest plans these days of profit increases? Maybe? The following suggestive ideas and comments can help IVH residents, staff, and employees reduce all expenses at IVH.

Plan a budget within your income. Reduce or stop credit cards. Reduce consumption of all utilities: water, electricity, gas, heating and air conditioning. Recycle all recyclables instead of tossing into

dumpsters or waste baskets, and reduce landfill expenses. (\$52.00 a ton). Also, reduce laundry expenses. Maybe reduce paper towel use. Place cigarette butts into proper containers. HELP housekeeping reduce expenses.

During winter clean roads off snow and sand. Also, take the food you need or like so no leftovers go to the dishwashing line and be rinsed off. Doesn't it appear IVH residents, staff, and employees can reduce all IVH expenses by \$1.00 a day? (\$1,700. a day)?



Country School

Continued from page 10

As far as the curriculum, how to get along with each other was as much in our lives as reading, writing, and arithmetic. I think it's called Social Studies today.

The parents and teacher had to get together to decide what was necessary to provide the students the education and environment conducive to learning. My dad was the liaison between the school, the teacher, school board, parents, and district director. The families in the district would get together and decide the materials needed for education and building maintenance. They would have to get somebody in the district to do odd jobs necessary to make the school fit for education.

The 'necessary room' was of course, a critical part of the education of the children. They had to knock before entering respecting others' privacy, couldn't throw anything down the holes and use no more paper than necessary. The 'necessary room' usually was two holed. Ventilation was a half moon shape cut out of the door or wall. The building was positioned about a hundred feet from the school house and down wind. The location depended on several things: the wind pattern, direction and speed, natural wind break like a tree line, tree lot or hill. Such was the environment which

Time Capsule Trivia

Submitted by Sue Sumpter/Reprinted with permission from Reminisce Magazine

From the decades spanning the 1920s to the 1960s, try to guess what year these historic events took place. The answer is given below, but no peeking!

1. The United States launches its first satellite, *Explorer I*, into orbit—3 months after the Soviet Union had launched *Sputnik*—and creates the National Aeronautics and Space Administration.
2. Charles de Gaulle comes out of retirement to lead France as prime minister, then is elected president.
3. To the dismay of his fans everywhere, Elvis Presley goes from king of rock and roll to Army private, but not before starring in the movie *King Creole*.
4. Music hits include *At the Hop* by Danny and the Juniors, *Poor Little Fool* by Ricky Nelson, *Johnny B. Goode* by Chuck Berry, *Chantilly Lace* by The Big Bopper and *Catch a Falling Star* by Perry Como.
5. Two highly popular movie musicals that produce best-selling soundtracks are *Gigi* and *South Pacific*.

Chapel Events for October

Videos for October are:

Great Figures of the New Testament:

October 7th: John the Baptist

October 14th: The Virgin Mary

October 21st: Peter

October 28th: Martha, Mary, and Lazarus

Quarterly Memorial Service will be held on October 27th at 2:30 pm in the Chapel with refreshments in the Malloy LRC afterwards.

MCC

Technology in the Classroom

The students in the MCC Technology in the Classroom course have developed a survey to find out what type of computer training IVH residents want. They are asking specifically about basic computer skills, internet skills and typed documents. If you are interested in learning more about any of these areas, please stop by the Resident & Family Services Office to complete a survey by October 10th. If there is enough interest by IVH residents, the students in this course plan to arrange to come to IVH to provide the requested training.



A Super Thank You!!

To the team of art lovers that saved the red art sculpture in our courtyard. As a former art teacher, I was concerned that all we would ever see was that blob of primer. My many, many thanks for the rescue of an art object in distress. It has been painted a new color, blue, and now has character and new worth. I have the understanding that this is an expensive piece of Art; people are actually looking at it again.

Larry Box, Dack 4

Midwest Phrases

By Ken Wilson

This week's phrase is "The fat is in the fire".

Back in the early sixteenth century when this saying first came into use the meaning of it was that the project, what ever it might had been, had become wholly ruined. The thought was, I suppose, that meat being broiled upon a spit is ruined by the resulting flame if a chunk of fat drops into the fire. In this original sense the proverb is found in John Heywood's A Dialogue conteynnyng Proverbs and Epigrammes, published in 1562, But in the course of the next two hundred years the meaning became altered to the present sense and now we use the phrase to mean that an action of some sort has occurred which will lead to further action from which great excitement, as of anger or indignation will result.

Sending Yourself Sunshine

Submitted by Sue Sumpter, Reprinted with permission from Daily OM-Inspirational thoughts for a happy, healthy and fulfilling day.

When things go wrong, it is easy to get into a bad mood, and that bad mood has a way of spiraling out and affecting our life for days to come. In the same way, when we feel badly about ourselves, we tend to act in ways that have repercussions, again creating a negative vibe that can negatively influence the next several days. While it is important that we allow ourselves to feel what we feel, and to be genuine, we do not have to completely surrender to a dark mood or feelings of self-doubt. In fact,

the more we simply allow and accept our darkness as one part of the picture, the more easily we can also allow and accept our light. In this vein, we can temper our grey moods with an injection of sunshine in the form of sending good wishes to ourselves for the next 24 hours. If you feel a bad mood coming on or find yourself plagued with negative feelings, take a moment to acknowledge that. At the same time, recognize that things can and will change, and that you can still have a good day, or a good week, especially if you take the time to visualize that for yourself. This is a great way to support yourself when you are working through tough times and hard feelings. When you visualize good things for yourself, you are sending yourself love and warmth, as well as encouraging yourself to keep going. Before you even get out of bed in the morning, you can take the time to send good wishes to yourself all the way through to the next morning. As you picture your day, take the time to fill in the details—where you are going, who you will see, what you will do—and send love and good wishes ahead to yourself, as well as everyone you encounter.

It will be like arriving in a new place and finding that an old friend has sent a bouquet of flowers from back home to welcome you and remind you that you are loved.

Improving Your Vocabulary

Do you know the definitions of these words?

1. Exuberance
2. Rankle
3. Repudiate

Answers on back page.

Malloy 3North QOI Summary

Written by Kathy Drey, for all Malloy 3North Residents and Staff!

Staff and residents on Malloy 3North believe strongly in the concept of person-centered care, and are committed to improving the quality of life for our residents. Each year our annual Quality of Life survey results are reviewed with residents and staff. These results guide us in our goal-directed improvement initiatives for the next year.

In 2007 we worked on improving our scores to question #26, "I no longer make any meaningful contributions with my life." Beginning in May of 2007 residents began sharing their talents, skills and interests through monthly activities. During 2007-2008 a fisherman, wood carver, artist, seamstress, cook (s), and poppy maker shared their skills and interests. Family members and friends are invited and have participated when their veteran is the featured speaker. A cordless microphone is used at each activity. Residents feel that we value what they have to say when they use the microphone.

The Commandant featured our wood carver activity when he spoke about IVH Quality of Life programming at the National Veterans Home meeting last year. 2 of our residents were invited to present on other units. Several of the resident

talents were displayed in the glass cases on the main floor by the library. Christmas music, football appreciation, Valentine's celebration honoring 3N couples and the history and future of the Veterans Home were also group topics during 2007-2008. Pictures taken at each activity and a summary are posted on our unit QOL bulletin board. Residents are proud when they are the "Quality of Life Celebrity" for the month. Needless to say, with all of our efforts the 3N scores for that question greatly improved.

In 2008-2009 we chose to continue these monthly activities by addressing question #17, "My talents, life experiences and wisdom are recognized." So far this year we have had a day to honor all mothers, 4th of July memories, history of the IVH cemetery and "School Days" memories. This month we will be having a "Getting to Know You" day when our new resident will tell everyone about themselves.

Because we have seen so many positive resident outcomes from these monthly activities, we feel the Quality of Life programming on 3North exemplifies person-centered care and community living at its finest-by honoring and celebrating the residents within our community!

Did you know there are **American heroes** **buried here?**

Written by Kathy Drey Malloy 3North Quality of Life Program

Did you know that 3North resident Mitch Dochterman has been researching the heroes that are buried in our IVH cemetery? He has been visiting other cemeteries for over three years placing flowers on veterans' graves. Why would he put flowers on graves he didn't even know? Mitch's answer is simple-there are many heroes buried here that have been forgotten.

Placing flowers on their graves is his way of showing appreciation for their sacrifice and service to our country. How does he choose the graves? "I just go down the rows and find someone with a name or date that strikes me. Or maybe I will choose a woman who is buried here. I tell myself they probably haven't had flowers on their grave for quite a while. Then I wonder who they were, what their military service was like and feel bad that no one knows anything about them. They are just a name on a gravestone." Some of us didn't know about Mitch's interest until a few weeks ago. His interest in the history of our cemetery and of the American heroes buried here led to his presentation at our July 29, 2008 3North Quality of Life activity. Mitch spoke for 40 minutes with residents and staff listening intently to every word. Here are some of the highlights of his presentation.

The Purple Heart, Silver Star, Bronze Star and Congressional Medal of Honor were all explained to the group in detail including the eligibility requirements. Iowans who received

the Congressional Medal of Honor were discussed. Marshalltown resident Frank Fletcher was awarded this medal during the Mexican Campaign. His brother Friday who lived in Oska-loosa received this medal as well.

To the best of everyone's knowledge there have not been any Medal of Honor recipients admitted to IVH or buried here.

Mitch said it is very important to honor the heroes that are still among us. 3North resident Lucian "Gene" P. was introduced by Mitch as a recipient of several military medals honoring his heroism and bravery above and beyond during WWII. Gene explained his many medals and shared several of them with the group. Gene said that because he was lucky enough to be wounded twice he earned two Purple Hearts. Mitch led the group in a round of applause to thank Gene for being a true American hero.

Mitch described 3North resident Dean M. as another brave American hero who served our country with honor having received the Purple Heart, Silver Star and the Bronze Star. Mitch briefly talked about the new Veterans Cemetery that opened near Van Meter on July 3 of this year. He proudly said that, "No matter how hard they try, they cannot compete with us. They will never have the history that we have here. They won't have heroes buried from all the wars like we do. It's inspiring to see the names and dates on all the headstones." This led into his discussion of our cemetery.

The Iowa Veterans Home Cemetery is actually named The Grand Army of the Republic Cemetery. It opened in 1888 and is divided into 5 sections. The original cemetery is divided into 3 sections and is recognized by the vertical stones.

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Heroes Continued

Continued from page 18

Mr. Francis Bias was the first veteran to be buried in the center section in June of 1888. He was a private who enlisted in the Civil War May 15, 1861 in Keokuk in Company A of the First Iowa Infantry. He was discharged because of a knee injury and kidney disease only to re-enlist and serve his country 2 more times as a private in Company B of the First Iowa Cavalry. He came to the Iowa Veterans Home on April 6, 1888 and died less than 2 months later. Charles Bennett was born in Henry County, Kentucky and was the first veteran buried in the south section. The north section opened in December 1940 when Mrs. H Lillian Brown was buried.

She had lived at the Veterans Home since April 1932.

- The Oak Hill section opened when Frank Voss was buried on October 16, 1972.
- The Maple Hill section opened March 6, 2006 when James Jones Jr. was buried.
- Amos Fox was the Home's first resident admitted on December 1, 1887. A farmer from Humboldt, Fox first enlisted as a private in Company D of the 47th Illinois Infantry on August 14, 1861 during the Civil War. He re-enlisted on January 9, 1865 and was discharged in August of the same year. Mitch found out that he came to the Veterans Home with very little. He had a shaving soap cup with a straight edge razor and a couple of changes of clothing. He died in March 1916.

- The cemetery averages 12 burials per year, which has stayed about the same for the last 20 years. There are more than 2500 veterans buried here.

To be buried here:

* You must be a current resident of the Iowa Veterans Home. The veteran is buried free of

charge.

* A surviving spouse must decide if they will also be buried here at the time of the first burial. This alleviates holding spaces for veterans' spouses who may change their minds and not use them. It only costs \$300.00 for the spouse to be buried here.

Mitch went on to say that dependents of Veterans are not honored or recognized for their suffering and sacrifices like they should be. "They went through hell just like the veteran." He described the Vietnam Memorial on our grounds as a fitting tribute to both the veterans and their dependents by portraying veterans on one side of the monument and a woman and children on the other side. Mitch talked about his recent cemetery experiences.

- The first gravestone he put flowers on was Thomas Little and the year was 1890. There probably haven't been flowers on that grave for over 100 years so he took the bus to Wal-Mart, bought flowers and put them on the grave.
- He said he doesn't do it to get any thanks.

Mitch lost 5 uncles and a brother to the military. His brother died in Vietnam and was awarded the Purple Heart, Silver Star and the Bronze Star. He is buried in Arlington Cemetery. Someone from Mitch's family has served in the military during every war since the Revolutionary War.

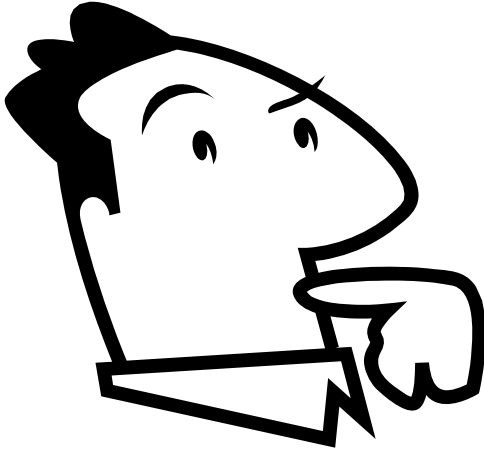
Mitch ended his presentation by saying we should never forget the heroes that are buried here. It is important to know who they were so they aren't just a name on a gravestone.

Since this presentation Mitch has continued his research about those buried in our cemetery. He has recently received information from State Senator Dennis Black of Grinnell regarding Medal of Honor recipients who lived at the Iowa Veterans Home. He will be adding this to his presentation for 3South in October.

Thinking Out Loud

By Ken Wilson

- 1) Well,
August
is gone
and it
has
been
my ex-
perience that if you don't start saving
money back now, there will be no
Christmas gifts!
- 2) September has brought some real
cool afternoons and nights. Brrr!
- 3) I think this years Music Festival had
one of the most varieties of music of
any festival before.



Closing for the Season

By Ken Thomas

The IVH Resident Council Concessions stand, "The Dugout" will be closing October 12, 2008 for the year. It has been our pleasure serving the residents and staff, and we are looking forward to seeing all of you next year. So, from the "Dugout Gang", Ken Thomas, Scot Bowlsby, Eric Pedersen, Bryan Rowe and Jimmy Head we say "So Long."

RADIO CONTROLLED FLYERS

By Staff Writer

Once again we want to thank the Marshalltown Radio Controlled Flyers for coming here. No doubt the residents and staff enjoyed this activity. We also want to thank our own Jim Zimmerman who works in the Dietary Department here at IVH. Jim always seems to come through with this annual event. So thanks to all.



What's New In The Peterson Library

Did you know that there are links to learning Tutorials on the computers in the Library? Stop by and check it out!



Books

8 Sandpiper Way/Macomber, Debbie
 Accomplice Bucking the Tiger, The/Galloway, Marcus
 Assassin, The/Coonts, Stephen
 Back on Blossom Street/Macomber, Debbie
 Devil Bones /Reichs, Kathy
 Evil under the sun/Christie, Agatha, 1890-1976.
 Fearless fourteen/Evanovich, Janet.
 Foreign Body/Cook, Robin
 Happiness sold separately/Winston, Lolly.
 Hot, Flat, and Crowded/Friedman Thomas L.
 Hunt Club, The/Lescroart, John/Telesca, Leonard
 John's story/LaHaye, Tim F./Jenkins, Jerry B.
 Last Gunfighter Ambush Valley, The Johnstone, William W./Johnstone, J. A.
 Little heathens./Kalish, Mildred Armstrong.
 Mark's story/LaHaye, Tim F./Jenkins, Jerry B.
 Murder at the vicarage/Christie, Agatha, 1890-1976.
 murder is announced, A/Christie, Agatha, 1890-1976.
 murder of Roger Ackroyd, The/Christie, Agatha, 1890-1976.
 Oceans Apart/Kingsbury, Karen
 Other Queen, The/Gregory, Philippa
 Outcast Red Mesa, The/Cypher, Luke

Redemption/Smalley, Gary/Kingsbury, Karen
 Rejoice Kingsbury, Karen/Smalley, Gary
 Remember Kingsbury, Karen/Smalley, Gary
 Return Kingsbury, Karen/Smalley, Gary
 Rogue Steel, Danielle.
 Rogue Lawman/Bullets over Bedlam Brandvold, Peter
 Rough Justice/Higgins, Jack
 Sail/Patterson, James/Roughan, Howard
 Shirley, Goodness and Mercy/Macomber, Debbie.
 Silks/Francis, Dick
 Smoke Screen/Brown, Sandra
 Someday/Kingsbury, Karen
 Tribute/Roberts, Nora.
 Twenty Wishes/Macomber, Debbie
 Wednesday letters, The/Wright, Jason F.
 When the Heart Cries/Woodsmall, Cindy
 White Doves at Morning/Burke, James Lee
 Wild Breed, The/Leslie, Frank
 Wyoming Kid, The/Macomber, Debbie

Compact Discs

All the Million-Sellers/Temptations, The
 Echoes of Nature/Henry Mancini Collection
 Mancini, Henry
 n My Dream/United States Army Field Band,
 The Love Songs - 20 Classic Hits/Wonder, Stevie
 Mis Mejores/Canciones Selena
 Passion of Feliciano/Feliciano, Jose
 Patty Loveless Sings Songs of Love/Loveless, Patty

Rock 'N' Roll Hall of Fame, Vol. 5/Various

Shades of Roy Orbison

Compact Discs - Non-Musical

Bad luck and trouble/Child, Lee./Hill, Dick. nrt.

Bourne Sanction, The/Lustbader, Eric Van/
Davidson, Jeremy

Chasing Darkness/Crais, Robert/Daniels, James

Fearless Fourteen/Evanovich, Janet/King, Lorelei

Moscow Vector, The/Ludlum, Robert/Larkin,
Patrick/ Bergmann, Erik

Odd Hours/Koontz, Dean Baker, David Aaron

On the Run/Johansen, Iris/Dyck, JenniferVan

Polar Shift/Cussler, Clive

Prior Bad Acts/Hoag, Tami/Bergmann, Erik

School Days/Parker, Robert B./Mantegna, Joe

So brave, young, and handsome/Enger, Leif./
Woren, Dan./Random House Audio Publishing.

Tribute/Roberts, Nora Dyck, JenniferVan

Whole Truth, The/Baldacci/David/McLarty, Ron

DVDs

Alfred Hitchcock
Series - The Legend Begins/5 series



Avengers '65 v. 1

Avengers '65 v. 2

Avengers '67

Avengers '67

Avengers '67 v. 2

Avengers '67 v.1

Betty Boop & Friends

Chair, The

Classic TV Comedy Christmas

DaVinci Project, The

Dirty Harry

Entrance, The

Frosty the snowman

Full Metal jacket

Horror Classics V. 11

Horror Classics V.1

Horror Classics V.10

Horror Classics V.12

Horror Classics V.2

Horror Classics V.3

Horror Classics V.4

Horror Classics V.5

Horror Classics V.6

Horror Classics V.7

Horror Classics V.8

Horror Classics V.9

I am legend

Magic Sword, The

Number 23, The

Punisher, The

Rocketship X-M

Rudolph the red-nosed reindeer

Seven

Star Power V.1

Star Power V.2

Star Power V.3

Star Power V.4

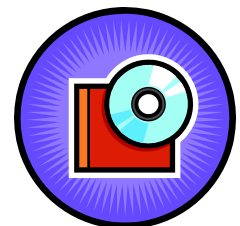
Star Power V.5

Star Power V.6

Sword of Lancelot, The

TV Classic Westerns, v. 3

TV Classic Westerns, v. 4



Gerhardt's Stories

An English Professor wrote the words: "Woman without her man is nothing" on the blackboard and directed his students to punctuate it correctly.

The men wrote: "Woman, without her man, is nothing." The women wrote: "Woman: without her, **MAN IS NOTHING!!!**"



**IF YOU READ
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WELCOME TO
WRITE FOR
THIS PAPER!**

Poems, editorials, informative articles, entertaining articles, and photographs of general interest are all welcome!

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YELLING

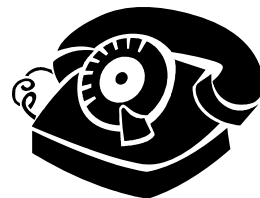
Is **YELLING** while going through the dinning room line really necessary? Especially when someone shouts out "**Get Going**" right behind you. Granted there are residents that have some sort of difficulty getting what they need. But, continuously **YELLING** at someone only makes matters worse. There is no doubt that if one's eyes could talk they would yell as well. It provokes anger, and makes the person that much more confused and more nervous. So use your brain and start showing some consideration. There will come a day when you



might very well encounter Dementia or something else. Then you might have greater respect for others!

Our Comment Line is 777. Please call us with your comments, ideas or suggestions about the Stars 'N' Stripes. We'd love to hear from you.

For routine office calls, Please use extension 794.



If you wish to be removed from our mailing list or know someone who would like to be added to our mailing list please contact us at 641-752-1501 ext 794 or email us at starsnstripes@yahoo.com

Cartoons and Humor



The Reason I John McCain have chosen Sarah Palin is because: umm, uhh, ehh. Sarah replies: "Why John don't be coy, you chose me as V.P. because I'm attractive, that I no nothing about foreign policies, and last I'm just plain lucky that I'm raising my kids, and knowing that my husband is in commercial fishing."

B. Eilers



I've seemed to have lost my contacts. Can anyone help?

Quiet Reflections



Answers to Improving Your Vocabulary

1. **Cheerfulness**, full of happy spirits and vitality
2. **Irritate**, annoy, to cause persistent feelings of bitterness, resentment, or anger
3. **Reject**, disclaim, to disapprove of something formally and strongly

Editor-in-Chief: Ken Wilson

Managing Editor: Bill Eilers

Circulation Manager/Photos/Cartoonist: Bill Eilers

Contributing Writers: Ken Wilson, Henry Hubbard, Marie Molloy, Rep. Mark Smith, and various IVH staff

News: 641-752-1501, ext. 794 or 641-752-1501, ext. 497 You can email us at ivhstarsnstripes@yahoo.com Or leave a message on the comment line ext. 777



A newspaper is not just for reporting news, it's to get people mad enough to do something about it. -- *Mark Twain*

